



# UNIQUELY YOU MENTAL HEALTH CENTER

*Neurodiversity-Affirming • Trauma-Informed • Culturally Responsive*

Uniquely You Mental Health Center is the first publicly neurodivergent-owned and operated mental health clinic in Dubai. We provide neurodiversity-affirming, trauma-informed psychological services for adolescents and adults, with individualized care that respects each person's identity, strengths, experiences, and unique needs.

## Our Services

### Individual Psychotherapy

Adolescents & adults • In-person & online

### Adult Autism, ADHD & AuDHD Assessments

Comprehensive, neurodiversity-affirming assessments • Online

### Family Therapy

Support for communication, relationships & family wellbeing • In-person & online

### Corporate Wellbeing & Workshops

Mental health, neurodiversity, burnout, resilience & workplace wellbeing • In-person & online

### Critical Incident Response & Consultation

Psychological support, consultation, and guidance following critical or distressing incidents, including complex, sensitive, and high-profile situations.

## Meet Our Psychologist



### Elaine Maichin

*Psychologist & Founder of Uniquely You Mental Health Center*

Elaine Maichin is an American neurodivergent psychologist with more than 13 years of experience in mental health. She works with adults, adolescents, and families, with a strong focus on neurodiversity-affirming, trauma-informed, and culturally responsive care.

Elaine is a CDA-licensed psychologist in Dubai, a U.S.-Licensed Professional Counselor (LPC), and a licensed trauma therapist. Her clinical expertise includes autism and ADHD, trauma and complex PTSD, anxiety and panic, depression and mood concerns, emotional regulation, stress and burnout, sensory processing, chronic health conditions, and adolescent and family mental health.

**Individualized care. Affirming support. A space to be uniquely you.**

## Referrals & Professional Collaboration

We welcome referrals from physicians, psychiatrists, psychologists, therapists, schools, universities, corporations, and community organizations for adolescents and adults seeking psychotherapy and counseling, psychological assessment, individualized mental health care, and workshops, professional training, and speaking engagements.

### When to Refer

- Autism, ADHD & AuDHD
- Adult Autism & ADHD assessments
- Trauma & Complex PTSD
- Anxiety & panic
- Depression & mood concerns
- Emotional regulation difficulties
- Sensory processing & overwhelm
- Stress & burnout
- Chronic health conditions & chronic pain
- Adolescent mental health concerns
- Family & relationship difficulties
- Life transitions & adjustment
- Critical or distressing incidents

### Our Approach

#### Neurodiversity-Affirming

Respecting neurological differences, identity, autonomy, and individual strengths.

#### Trauma-Informed

Prioritizing safety, choice, collaboration, and individual pacing.

#### Culturally Responsive

Recognizing the influence of culture, identity, family, and lived experience on mental health and wellbeing.

### Making a Referral

Professionals may contact Uniquely You Mental Health Center directly to discuss a potential referral or provide our contact information to the client to reach out directly. With client consent, we welcome collaboration with referring professionals to support continuity of care.

#### REFER • COLLABORATE • CONNECT

*We look forward to working together in support of your clients*



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